

*The Mystic Owl Apothecary*  
*Essential Oil Profile Sheet*

**Marjoram (Sweet) Essential Oil**

Botanical Name: *Origanum marjorana*

Plant Part: Flowers and Leaves

Processing Method: Steam Distilled

Origin: Spain

Color: Colorless to pale yellow liquid.

Consistency: Thin

Note: Middle

Strength of Aroma: Medium

Aromatic Scent: Marjoram Sweet Essential Oil has a warm and spicy aroma, with a hint of nutmeg.

Blends well with: Rosemary, Bergamot, Orange, Lavender, Rosewood, Frankincense, Tea Tree, Eucalyptus, Basil, Thyme, Cypress, Elemi, Chamomile, and spices like Nutmeg or Cardamom

Common uses:

Aching muscles, amenorrhea, bronchitis, chilblains, colic, coughing, excessive sex drive, flatulence, hypertension, muscle cramps, neuralgia, rheumatism, sprains, strains, stress, ticks.

Marjoram essential oil is warming, relaxing, soothing, penetrating and comforting for everyday aches and pains. Marjoram essential oil promotes relaxation for mind and body, especially for stiff and aching muscles following sports exercise. Helps maintain effective respiration and is useful during the feminine cycle.

Cautions:

Marjoram Sweet Essential Oil is generally non-toxic, non-irritating and non-sensitizing. Avoid use during pregnancy.

Never ingest or use an essential oil undiluted unless advised by your health care provider or certified aromatherapist. Keep essential oils away from infants, children, and all pets.

